



JUNE 2026



Florence Crittenton
Believe • Achieve • Empower

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12:00pm Cardio Sculpt 5:30pm Barre Fusion	2 12:15pm Restorative Yoga 5:30pm Zumba®	3 10:00am Tai Chi 5:30pm Cardio Kickboxing	4 12:15pm Pilates + CIRCL Mobility™ 5:30pm Zumba®	5 12:00pm POUND®	6
7 4:00pm Yoga	8 12:00pm Cardio Sculpt w/Michelle 5:30pm Barre Fusion	9 12:15pm Yoga Nidra w/Sarah S 5:30pm POUND®	10 5:30pm Cardio Sculpt	11 12:15pm Pilates + CIRCL Mobility™ w/Michelle 5:30pm POUND®	12 12:00pm POUND®	13
14 4:00pm Yoga	15 12:00pm Cardio Sculpt 5:30pm Barre Fusion	16 12:15pm Gentle Yoga w/Sarah S 5:30pm Zumba®	17 10:00am Tai Chi 5:30pm Cardio Sculpt	18 12:15pm Pilates + CIRCL Mobility™ 5:30pm Zumba®	19 Juneteenth 12:00pm POUND®	20
21 Father's Day 4:00pm Yoga	22 12:00pm Cardio Sculpt (Nutrition Tips) 5:30pm Barre Fusion w/Sara P	23 12:15pm Restorative Yoga 5:30pm Zumba®	24 5:30pm Cardio Sculpt	25 12:15pm Pilates + CIRCL Mobility™ 5:30pm Zumba® (Nutrition Tips)	26 12:00pm POUND®	27 10:00am TAU Zumbathon® @ Cornerstone Community Church
28 4:00pm Yoga	29 12:00pm Cardio Sculpt 5:30pm Barre Fusion	30 12:15pm Restorative Yoga 5:30pm Zumba®			 Florence Crittenton Believe • Achieve • Empower 5423 SW 7 th St	The HEAT Up Topeka program is supported by a sponsorship from Florence Crittenton



Heat Up Topeka

www.flocritkansas.org